

The House and How to Make It Comfortable for Its Inmates

Delightful Art of Walking Correctly

The delightful art of walking, the happy practice of vagabondage which Stevenson and Whitman praised so well, the most innocent of pastimes, the simplest of exercises, is in danger of falling into abeyance, says Bessie Carman, in the Delinquent.

Our fashionable people affect one ridiculous manner of walking, and then another, year after year, but almost no one thinks it worth while to learn to walk normally. There can be no uniform fashion of good walking. The normal walk is not a matter of caprice, but of art; it lends itself to the infinite variety of character, and becomes, in each instance, expressive of the individual; so that we recognize a man by his gait as easily as by his voice.

Falls and Recoveries.

The first requisite of good walking is a good poise. If the body is well poised at each point of its motion, the motion itself must be good. The process of walking, which has been described as a series of falls, is, to be somewhat more accurate, a series of falls and recoveries so insensibly merged that there is no saying where the fall ends and the recovery begins. In walking, we are in a continuous state of unstable equilibrium. We pass gradually from one position to another, yet are never out of poise. We are playing with gravity. A good walker spins the earth deftly beneath his feet, as an acrobat in a circus, lying on his back, spins a barrel or a painted ball.

In the Nursery

Weak Ankles.

It is not easy to see why so many people have weak ankles. The ankles of young children bend in when they walk, and parents thinking they will outgrow this trouble, pay no attention to it. The consequence is that the turning in becomes a habit which is not corrected in later life. Little children should have the ankles rubbed with alcohol if they show any signs of this weakness.

Young children ought to wear shoes without heels, and the condition of the heels worn by older ones should be watched carefully. When a heel is worn down on one side the ankle naturally will turn over on that side. Carelessness in the fit of shoes, and in wearing shoes that are turned over, will cause the ankles to turn and make walking both tiresome and awkward. If the ankles habitually bend either in or out in walking it is a good plan when buying new shoes to have the heels lowered a little on the opposite side. In the same way a habit of turning the heels over on one side can be counteracted by lowering the heels on the other.

Bend the foot forward, backward, sideways. Rotate it slowly at the ankle. Standing on one foot, shake the other leg from the thigh, letting the ankle joint be perfectly loose, so that the foot moves freely.

Never encourage a baby to try and walk if he seems unwilling to learn. The sockets of the joints are shallow in tiny children, and the bones so feebly connected that they are easily dislocated. Besides which bowed legs are much easier to avoid than to cure, and standing before the legs are strong enough to bear the weight of the body may result in permanent deformity.

For a Delicate Child

Or an invalid there is a simple preparation of meat which contains a great quantity of nourishment and is most easily digested. A half pound of round steak is laid on the board and scraped in the way of the grain with a strong silver spoon. The pulp readily comes off from the white, stringy muscles, and in a few minutes enough has been secured for two cakes. These are salted and laid for an instant in a hot deep frying pan which should be simply a bad habit and can be digested by the weakest stomach.

Eat Regularly.

Children who are allowed to eat at all hours of the day are pretty certain to suffer from dyspepsia sooner or later. Give them wholesome meals at regular hours, and they do not need anything at other times. Eating between meals is simply a bad habit which should be treated in the same way as other bad habits, and cured as soon as possible.

Plants Will Not Grow

Without food and water. There generally is enough rain to supply their needs, as the roots will go down more deeply in dry weather to secure the needed moisture. If there is a necessity for water, which will be shown by the plant beginning to wilt, it ought to be soaked thoroughly. More sprinkling will have to be constant to do any good. Food is an important matter for plants as well as animals. Only three substances have any value as plant food. These are nitrogen, potash, and phosphoric acid. If each plant was to get exactly of these what it required it would be an ideal way, but we have to strike a general average on this as on other matters. If thoroughly rotted manure can be had it is the best, but the usual supply is full of weed seeds, which give no end of trouble. Still if the soil is staid it should be used to lighten it up, or if sandy to give it substance. The artificial manures are free from weeds, and can be had from any responsible dealer. It is much easier to use them, and the results are so favorable that they are meeting popular approval. It is hardly necessary to say that all weeds must be kept out. In dry weather they can be hoed out, but will die, but when the ground is wet it is better to pull them out. The earth ought not to be allowed to become hard, as air is needed for the roots, but when plants are set out it is necessary to firm the soil around them to prevent their being washed out in the first hard storm.

Don Marché
We are now in the midst of the greatest clearance sale of our experience. Prices in Suits, Skirts, Waists, and other lines WERE NEVER SO LOW.
314-216 Seventh Street N. W.

Sunburn and Freckles Removed
By using Foleys' Jasmín Cream. Nothing better for the skin—Prices 12¢ and 25¢ each. Try it and be convinced. Phone or drop postal to:
FOLEY'S PHARMACY
11th and Pa. Ave. Southeast.

Best Method of Cleaning Shoes

White buckskin should be cleaned with the best pipe clay, which must be dampened before using.

Patent leather shoes should first be wiped dry with a soft cloth before placing them on the shoe trees, then wiped with a soft cloth dipped in warm soapy water.

A little vaseline should be applied from time to time, especially after a wetting. The shine may be restored by rubbing with a piece of soft silk or black velvet.

Leather nowadays is rendered independent of the ill effect of dampness. Shoes can, therefore, generally be washed with tepid water when soiled, a piece of soft linen being dampened and applied all over the shoe.

A Pretty Spoon

Intended as a gift to an infant has a gold bowl with a baby's head engraved on it. The design of the handle is the spoon to the baby, one sentiment being found in a scrap book of unidentified clippings, supposed to be voiced by the spoon to the baby, one sentiment being the avowed purpose of the former to watch closely, when its bowl should be in the little pink mouth of the baby, for the first tooth.

Paris Patterns



No. 1375.

Girls' Low-Necked Dress,
With Tucked Body and Plaited Skirt—With or Without Body Lining.
All Seams Allowed.

This little dress is one of the prettiest of the summer modes for piques and linens, and may be worn with or without a guimpe. For dressy wear, it could be made up in China or other soft silk, and also in organdy, dimity, lawn, and batiste.

The pattern is in 4 sizes—6 to 12 years. For a girl of 10 years the dress needs 4½ yards of goods 27 inches wide, or 3½ yards 36 inches wide, or 3 yards 48 inches wide, each with ¼ yard of contrasting material 20 inches wide for trimming.

To obtain this pattern or any of the others heretofore described in The Times, fill out the following coupon and inclose it with 10 cents in an envelope addressed to the Fashion Editor, The Washington Times, Munsey Building, Washington, D. C.

To the Fashion Editor,
The Washington Times,
Munsey Building,
Washington, D. C.:
Inclosed find 10 cents, for which send me

Pattern No.
Size.....
Date published.....
Name.....
.....street
.....city
.....State
Date of this order.....

Lingerie Blouses

Of the finest dimities, sheer lawns, dotted and figured, striped and cross barred swisses, are made with fine pin tucks in yoke, collar, and cuffs, and have no other trimming. They range in price from \$1.50 to \$2.50. The economical woman will buy one of these plain waists and trim it with Val or Cluny lace and insertions.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Hoar*

Temptations easily overcome the man who carries his wealth in his pocket. Usually at the end of a year a man is no better off than at the start.

The thrifty and progressive man transacts his affairs by check. He avoids temptations to spend, discounts his bills, has a complete record of his expenditures.

HOME SAVINGS BANK,
7th and Mass. Ave. N. W.
Branches:
7th and H Sts. N. E.
436 7th St. S. W.

Deposits more than a Million and a Half.

LITTLE GIRL'S DRESS



The illustration shows the dress in round outline at the top, and the fullness across the front and back is held in place beneath the narrow shaped yoke, which is of hand embroidery. The sleeves and skirt are cut in one piece, having a seam under the arm. Hand embroidery finishes the sleeves. Three tucks and a deep hem complete the skirt. A guimpe can be worn if desired. This little garment should be made of the softest materials, such as linen, French and Persian lawn, batiste, mull, and fine nainsook.

How to Become Beautiful

When the delicate skin of the face is exposed to the wind and outside atmosphere it becomes roughened. At first, the roughness is too minute to be detected by the naked eye; but under a microscope can be plainly seen. This roughening, increased by repeated exposure, finally results in a complete change in the texture of the skin—a change for the worse. In time, the velvet softness of the skin disappears and the fresh bloom of the complexion is gone.

Cold cream, powder, and rouge simply cover the trouble temporarily—they do not cure it. If you would regain the fresh, delicate bloom of your complexion, obtain the following from any drug store and apply it daily to your face:

Rose water, 2 ounces; cologne spirits, 1 ounce; Epsom salt (skin food), 4 ounces. Put the Epsom salt in a pint of water (not boiling) and after dissolved, strain and let cool. Then add the rose water and cologne spirits. It is best to make the preparation at home and follow the directions carefully.

This wash makes the skin as soft and delicate as that of a baby and gives a delicate glow of health, but so rare in the woman of thirty. It is not only entirely harmless, but is soothing to the tenderest skin. Drop in at the drugist's today or phone for it, and you will have no further need of face powders or rouge.

White House China

If, as William Dean Howells avers, the selection of china is the index of a woman's character, some of the former mistresses of the White House had very complex minds. In the basement of the historic mansion the visitor may see a sample of every set of tableware used since Abigail Adams hung her laundry to dry in the east room. The most ornate set was the choice of the blithe daughter-in-law of President Van Buren, who presided over the mansion from 1838 to 1840, and from a few pieces now on exhibition it would seem that all American flora, fauna, and bird life were depicted in detail.

Only Mrs. Madison, Mrs. Grant, and Mrs. Roosevelt selected china. The latter, decorated only with gold and the great seal. Mrs. Hayes' china was the most costly ever used in the White House, and every piece was different, hand-painted, and the work of selected artists in the French factory at Sevres.

SUMMER RESORTS

Resort Information Bureau.

The Times conducts a complete Resort Bureau, where every attention will be given persons desirous of obtaining information concerning Resorts throughout the country. The service is free.

New Jersey Resorts.

ATLANTIC CITY.

GRAND ATLANTIC HOTEL
Virginia Ave. and the Beach, Atlantic City, N. J. Under entire new management; 250 beautiful furnished rooms in suite, with bath, hot and cold sea water attached to all baths. Also Public Hot Sea Water Baths. Phones in rooms. Music and social diversions. Terms: American plan, \$2.50 per day up; \$12.50 weekly up. European plan, \$1.50 per day up. Garage, CHARLES E. COPE, Proprietor, formerly of Kittanning, Delaware Water Gap, Pa.

LEXINGTON Pacific Ave. and Arkansas Ave., 1 square from station and Young's Pier. Premises extensive. Bathing, fishing, golf. Average temperature, 60°. Rates, \$1 to \$12 per week. Booklet, PAUL C. ROSECRANS, 124-14.

HOTEL NEW ENGLAND
South Carolina Ave. and the Beach, near piers and attractions; large, sunny rooms, private baths; elevator; sun parlor. Capacity 500. Table and service superior. House 17-19 booklet and terms. BRYAN & WILLIAMS, 1215-14.

GALEN HALL

HOTEL AND BANQUET ROOM,
ATLANTIC CITY.
One of the newest stone, brick, and steel buildings, with every comfort, always open; always ready; always busy.

Colonial Beach.

SUMMER cottages, completely furnished; \$35 season; snap, DICKHART, National Museum, 123-8.

THE LATONIA—Room and board; \$1.50 a week. Address Mrs. F. L. CRAWFORD, 124-8.

Things Here and There

Cheese should always be covered if kept in the larder, either with the china cover made for the purpose or with a damp cloth or a well-buttered sheet of grease-proof paper, according to the nature of the cheese; but mind the butter is not stored anywhere near the cheese.

Uncooked meat should never be left lying on a plate, as the juice in that case which exudes from it soaks very, very quickly. It should, therefore, be hung from hooks, either fastened in the roof of the larder or in the ceiling of any adjacent or convenient passage; but in the latter case it is well to slip the meat thus hung up into one of the little wicker and muslin cases which folded up looks like a Japanese lantern.

For table decoration a candle which is really a tiny kerosene lamp is a practical device. The candle is a porcelain receptacle of any desired color, and has a burner and small chimney. This will fit any candle holder, and may have on it such designs as one uses on the ordinary candle.

The Popular Khaki

The popularity of the khaki has been almost phenomenal. It is one of the most hideous shades seen separately, and yet when placed with other colors it comes out splendidly. Brassy, colorless, and with nothing to recommend it save its good wearing qualities, it has been in demand for several years, and is now being worn by the masses. It is told that it is trim dark gowns next season. Embroidered in different hues it is adorable, and under white or black net its effect is beautiful, with the Jouy blue it is richer than ever. It is said to be another tone that has been with us a long time, and its popularity will doubtless last another year.

Removing Dandruff

Take tincture of cantharides, one ounce; liquid ammonia, one dram; glycerine, one-half ounce; oil of thyme, one-half dram; mix all together with six ounces of rosewater. Rub the scalp with this preparation until no further evidence of dandruff is noticed.

Appetizing Dishes

We do not avail ourselves of batter-fried enough in our cooking. The Indians revel in fritters, and delicious is their dish of fritto misti, which consists of almost every edible scrap known, fried in batter, sweetbreads, brains, scraps of poultry or game, and vegetables of all sorts served in this way, and particularly good when they are piled up on a hot dish and served with a liberal allowance of grated cheese.

Again, take any pieces of poultry, tongue or ham, and sweetbread available, cut them up into tiny dice, and toss them with some shred lettuce, a suspicion of very finely minced shallot or chives, and a few capers in some good mayonnaise sauce, and serve it in little china shells or paper cases, piled up with either a very tiny radish or a stoned olive, forced with a well-washed fillet of anchovy on the top.

A very tempting dish, and pretty to look at, is called "torpedoes." The following is the recipe: Whip half a pint of thick cream till stiff, flavoring it with a little white pepper, cayenne, and salt; then mix into it a good tablespoonful of any cold, cooked chicken or game minced into tiny dice, the same of tongue, also cut up; two tablespoonfuls of cut up cold sweetbread or calves' brains, and a tablespoonful of minced mushrooms or truffles, if at hand. In the meanwhile, place in the refrigerator some little paper or china cases so that they may get well cooled, and when the mixture is ready fill them with it; stand the little cases under the ice for an hour or so after the mixture is in them, and serve garnished with a little parsley or curled cress.

Fruit Diet Cures Pimples

One who would rid themselves of pimples, must drink hot apple tea as often as you want a drink. Eat pared and cored apples all day long. They do not give you indigestion, but are good for the stomach, while their beautifying qualities are great.

How to Entertain

To hostess—Let me advise you as hostess to entertain without seeming to do so. Try not to show that you are making an effort even if you are. Talk about what will interest your guests, not yourself.

Be perfectly unselfish regarding your own pleasure.

Never allow yourself to look bored. Keep the conversation going, but do so quite naturally and easily.

If one topic has been discussed for a long time, talk of something else in an interesting manner and do not make the change too abruptly.

Make each guest feel that his or her presence is greatly appreciated.

As a guest remember to be punctual at the invited hour.

Be responsive to the efforts made for your entertainment, and never allow yourself to appear bored.

Do your share in the evening's entertainment. If you are a musician and are asked to play or sing, do so in a gracious manner and never wait to be urged.

If you are a guest for some days, try to adapt yourself to the habits of your host and hostess.

Remember, not to keep yourself in evidence all of the time and also be careful to give as little extra trouble to the household as possible.

One who adds to the pleasure of every one and who enters into everything with good will and good nature is always a welcome visitor and his or her departure will be sincerely regretted.

Outstanding Ears

If the ears protrude too far from the head, they may be corrected by the use of an ear cap. This is a contrivance by which bands are passed over the head, binding the ears in place. Have the strips narrow and do not injure the ear drums by keeping the sound out.

LANSBURGH & BRO.

420 to 426 7th St. 417 to 425 8th St.

Shop Early—We Close Saturday at 6 P. M.

Stylish Parasols At Prices You'll Like

The finishing touch to the summer costume—a dainty Parasol. Imported creations in coaching and lingerie styles are here. Then there are the "little priced" sorts in plenty, including all desired colorings.

Ladies' Taffeta Silk Parasols, white (linen), with embroidery inserting or wide edge; Pongee Silk with colored borders. \$1.69

Ladies' White Linen Parasols, wide embroidery inserting in center and embroidered on linen. Worth \$2.50. Special. \$1.19

All-Silk Sun and Rain Umbrellas, blue, green, red or black, with fancy woven borders. Worth \$2.50. Special. \$1.79

Children's Parasols, eaten with ruffles, Dresden patterns with plain colored borders; 14 and 16 inch frames. Worth 60c. 35c

Ladies' White Linen Parasols, hemstitched or embroidered edge, gilt tips, stylish natural wood handles. Worth \$1.50. 79c

Shop Early—We Close Saturday at 6 P. M.

Summer Gloves Reduced

Ladies' Two-clasp Double-tipped Silk Gloves, in tan, brown, mode, champagne, gray, black and white; "Kaiser" make. 19c

For 50c and 75c Ladies' Two-Clasp Double-tipped Silk Gloves, in tan, gray, black and white; "Kaiser" make. \$1.00

Misses' Two-clasp Double-tipped Silk Gloves, in white only; "Kaiser" make. 50c

Misses' One-clasp Suede Lisle Gloves, in white only; regular 50c quality. Special. 19c

Ladies' 16-button Double-tipped Silk Gloves, in black and white only; "Fowles" make. \$2.00

Ladies' Two-clasp Taffeta Gloves, in black only; regular 50c quality. Special. 39c

Ladies' Two-clasp Suede Lisle and Silk Net Gloves, in mode, champagne, gray, white and black; regular 50c quality. Special. 21c

Shop Early—We Close Saturday at 6 P. M.

79c Summer Corsets, 48c

These corsets are made of jean. They have high busts and long dip hip; also have two sets of garters and are positively a regular 79c value; for a quick clearance we offer them to you tomorrow only at the special price of 48c.

Shop Early—We Close Saturday at 6 P. M.

Hosiery at Prices That Can't Be Duplicated

Infants' Lace Hose, black and white, double heel and toe; 15c value. Special. 9c

Misses' Fine Ribbed Hose, black and tan, double heel and toe. Special. 15c

Ladies' Fine Black Lace and Dropstitch Hose, double heel and toe; 15c value. Special. 15c

Ladies' Fine Black Gauze Lisle Hose, double heel and toe; fast dye. Special. 15c

Infants' Socks, all colors, black and tan, double heel and toe. Special. 25c

Misses' Fine Lace Lisle Hose, black and white, double heel and toe. Special. 25c

Shop Early—We Close Saturday at 6 P. M.

Clearance Sale of BOYS' CLOTHING

Encouraged by a successful past we have concluded to continue our famous Cut Price Sale during July with the best bargains ever offered in the Boys' Clothing line.

Watch Our Prices and Call Early

We have selected from our stock a line of Light Woolen Summer Cassimere Double-breasted Suits, sizes 9 to 16, and offer All \$3.00 values at \$1.75 per suit.

Positively all \$3.50 values at \$2.00 per suit.

Without reserve all \$4.00 values at \$2.50 per suit.

This lot contains many all-wool fabrics and up-to-date patterns. Sweeping reductions in Wash Blouse and Russian Bloomer Suits. 100 pretty styles, 65c values, at 39c.

150 exceptional patterns, 85c values, at 59c.

75c imported fabrics, \$1.25 values, at 75c.

65 best productions, \$1.75 and \$2.00 values, at \$1.19.

Extra specials in Youths' Long Pants Suits, of light woolen, cassimere, and worsted; sizes 15 to 20.

A line of \$9.00 values at \$6.00 per suit.

A line of \$15.00 Light Gray All-wool Serge at \$9.98 per suit.

Shop Early—We Close Saturday at 6 P. M.

The quality of the barley grain, the quality of the hops, the Pabst Eight-Day Malt Process and the Pabst Perfect Brewing Process make

Pabst Blue Ribbon

The Beer of Quality

You can drink Pabst Blue Ribbon with the absolute knowledge that it will have the same delightful flavor and the same wholesome effect year in and year out.

Pabst Brewing Co.,
708-5 N. Capitol St., Washington.
Phone East 1431.

Credit For All Washington

Refrigerators and Other Summer Needs at Cut Prices

We have made deep price cuts on all summer goods, for we are determined to make a complete clearance while the demand for these goods is still active.

It's an opportunity for securing bargains that you may well avail yourself of, because, even at the cut prices, we will gladly arrange terms of credit to suit you.

Peter Grogan
817-819-821-823 Seventh St.

Beautify the Complexion IN TEN DAYS

Nadinola

CREAM, the unequalled beautifier. Is endorsed by thousands and guaranteed to remove freckles, pimples, liver-spots, tan, sallowness, etc., the worst case in 10 days, and restore the beauty of youth. Price 20 cents and \$1.00, by leading druggists or mail. Prepared by NATIONAL TOILET CO., Paris, Tenn.

Sold by People's Pharmacy, O'Donnell, and other druggists.

MID-SUMMER SALE OF SEWING MACHINES

Singer, \$6.00
Domestic, \$8.00
New Home, \$8.00
Standard, \$10.00
These slightly used sewing machines, actually worth \$15 to \$25, in good condition and guaranteed.

OPPENHEIMER'S
514 Ninth St. N. W.

EXPERT WATCH REPAIRING

75c Watch Crystals, 10c. Main Springs, 5c. ALL WORK GUARANTEED. A. KAHN, 935 F St. N. W.

DISCOUNT NEAR

A. KAHN, 935 F St. N. W.

\$3 Silk Parasols \$1.50

All colors; fine quality silk; worth twice the money. You need a parasol for your summer outing.

Let us carry the largest line of Children's Parasols in Washington. **KROEGER'S UMBRELLA STORE**
618 NINTH STREET N. W.